

Act may protect reservists, guard

Master Sgt. Scott Elliott
Air Force Print News

WASHINGTON — Guardsmen and reservists called to active duty to fight the global war on terror may seek credit protection under a law passed to aid GIs in an earlier global war.

The Soldiers’ and Sailors’ Civil Relief Act of 1940 protects military members from certain legal obligations while they are actively engaged in national defense.

Among the act’s chief provisions is its ability to reduce interest rates on debts incurred before active-duty status, protect servicemembers and their families from eviction and delay civil court actions.

The act isn’t automatic. For servicemembers to take advantage of the act, individual servicemembers should notify their creditors of the active-duty status and their intent to invoke their civil relief act rights.

While all servicemembers receive some protections under the act, additional rights are specifically geared toward members of the reserve community who are mobilized. Department of Defense officials said March 19 that 212,617 reservists and guardsmen had been called to active duty.

Specifically, rights under the act include:

□ Limiting interest rates to six percent for all debts incurred before beginning active-duty service. This provision includes interest rates on credit cards, mortgages and auto loans. It does not apply to federal student loans.

□ Protecting family members from eviction during times of active-duty service, regardless of whether the lease was signed before or after activation. If the monthly lease is \$1,200 or less, a landlord must seek a court order to authorize an eviction.

□ Prohibiting repossessions and foreclosures without court permission.

□ Postponing civil lawsuits the servicemember is a direct party to, such as bankruptcy.

□ Extending deadlines to file law suits by eliminating time served on active duty from calculating any statute of limitations.

□ Protecting active-duty people from taxation by states other than by their state of domicile.

□ Prohibiting creditors and insurance companies from making adverse credit reports, denying credit or taking adverse financial action against a servicemember based solely on invocation of the act.

For more information, call the legal office at Ext. 7030.



Airman Alexis Lloyd

Tie it around

Col. Steve Schmidt, 14th Flying Training Wing commander, gives words of encouragement during the yellow ribbon ceremony to Rena and Jerry Jones, whose son Army Sgt. Matt Jones is deployed overseas. People are encouraged to tie yellow ribbons, put up flags and pictures on the Trotter Convention Center’s gates in downtown Columbus.

CGOC sponsors canned food drive

2nd Lt. Joseph Coslett
Public affairs

A canned food and clothing drive sponsored by the Company Grade Officer Council supporting the Mark Mitchell Shelter for abused and neglected children runs through April 11.

“Last year the food drive was absolutely phenomenal” said Melody Cantrell, shelter director. “The food came in the nick of time as we were running out.”

The food lasted several months and allowed the shelter to supply for the needs of the children and focus on

bringing families together again, Ms. Cantrell said. “We make the shelter the children’s home away from home, but our ultimate goal is to re-establish the family.”

Currently the Mark Mitchell Shelter has nine teenagers and three babies, but supplies are needed for all ages.

Drop off non-perishable foods, clothing (all sizes), diapers, wipes, formula and toiletries into boxes located in each squadron or bring them to Building 926, the personnel/finance building.

The goal of the CGOC drive is to collect as much as possible. Last year, Columbus AFB delivered about 13,000

cans of food to the Mark Mitchell Shelter.

“We garnered the competition between all of the squadrons, especially the flying squadrons,” said 1st Lt. Lauren Maher, CGOC president. “Their support for the canned food drive paid off in the end.

“If you could donate even one canned good or one piece of clothing they will be better off than when they started.”

For more information about the canned food drive call, Capt. Tammy Davidson at Ext. 2546 or 1st Lt. Brandon Sokora Ext. 7944.

Students graduated in FY03: 131
Next graduating class: SUPT Class 03-07

2 Silver Wings
March 28, 2003

Officers give guidance to Alabama ROTC cadets

2nd Lt. Joseph Coslett
Public affairs

The Columbus Company Grade Officer Council spent time March 20 mentoring more than 40 ROTC cadets from the University of Alabama about Air Force opportunities.

Seven officers from pilots to security forces traveled 70 miles to Tuscaloosa, Ala., to inform the future leaders of the Air Force.

“People need to find their own paths — we just gave them the information they needed to make an informed decision,” said Capt. Tammy Davidson, military equal opportunity chief.

The event began with speeches about civil engineering, contracting, being a pilot, public affairs, personnel and security forces. Many officers cited experiences or problems they have faced in the past such as the challenges with joint spouse.

“I had a lot of questions about joint spouse because my boyfriend is in the Army,” said Liz Garner, ROTC cadet. “Captain Davidson answered all of my questions and gave me great advice.”

First Lt. Shaun Bellamy, 41st Flying Training Squadron instructor pilot, finished off the speeches and made a lasting impression on a couple of the cadets.

“The pilots made the job look and sound good,” said Steve Williams, ROTC cadet. “It was nice to know anyone willing to apply themselves could be a pilot.

“What stood out the most about [Lieutenant Bellamy’s] speech was being a pilot is nice but without all the other career fields the Air Force wouldn’t succeed.”

Following the speeches the cadets spent some one-on-one time with each officer for an in-depth question and answer session.

“I though it was tremendous that so many officers would take their personal time to help us plan our future,” said Patrick Hampel, ROTC cadet. “Thank you for leading the way for us to follow.”



2nd Lt. Joseph Coslett

First Lt. Shaun Bellamy, 41st Flying Training Squadron instructor pilot, shows ROTC Cadet Steve Williams how to put a pilot helmet on and the functions of the different parts.

Columbus AFB celebrates Happy’s 88th birthday

2nd Lt. Jennifer Moore
Public affairs

More than 50 people gathered to celebrate George “Happy” Irby’s birthday at the Columbus Club Wednesday.

Happy turned 88 years old and had asked guests to donate money to the Happy Fund in lieu of birthday gifts.

“This is a big day for Columbus AFB and the local community, as well as for Happy himself,” said Col. Steve Schmidt, 14th Flying Training Wing commander. “He is an inspiration for all of us. He sets a great example and has done wonderful things for less fortunate children in the community.”

Happy began the fund in 1952 by saving his tips and donations from friends to help underprivileged children stay in school by providing school supplies, clothes and other necessities.

The effort blossomed into the Happy Fund, an all-volunteer organization. In 2002, the fund gave more than

400 Christmas presents to children who may not receive any other gifts and 75 fruit baskets to elderly people who might have been forgotten.

Happy said he is very proud of the fact that the organization is run by people who volunteer their time allowing 100 percent of the donations given to the fund to directly to helping others.

“Happy has started a great legacy for all of us to aspire to, and the way he’s going, he’ll be helping the community for many years to come ... he’s still picking up speed,” Colonel Schmidt said.

People wishing to know more about the fund, about volunteering for or donating to the Happy Fund can contact Happy at the Columbus Club or Lin Playford at 434-8918.



Tech. Sgt. Jim Moser

Karen Ward, Commercial Dispatch, interviews George “Happy” Irby.

Enlisted and Officer Calls

An enlisted call is at 7:30 a.m. April 4 at the dining facility. Attendees will be notified by their first sergeant if they are attending, and they should be in place with food by 7:30 a.m. An officers call is at 9 a.m. April 4 at Phillips Auditorium. Attendees should be in place by 8:30 a.m. Gen. Donald Cook, Air Education and Training Command commander, will discuss AETC’s role in Operation Iraqi Freedom.

NEWS BRIEFS

OSC social

The deadline to sign up for the next officers spouses' club is noon Tuesday. The social begins at 6:30 p.m. April 8 at the Columbus Club. The club is awarding the 2002-2003 scholarships. For more information or to make reservations, call 434-5511 or email davidjeastman@cableone.net.

Bowl-a-thon

The Enlisted Foundation Fundraising Bowl-a-thon is from 10 a.m. to 3 p.m. Thursday at the bowling center. The event is sponsored by the Columbus Top 3 fundraising committee. Sign up at the bowling center or pick up a pledge sheet from a committee member. All proceeds go towards the Air Force Enlisted Foundation Campaign.

Vacation bible school

Registration for vacation bible school begins April 21 to June 2. This years theme is SCUBA — Super Cool Undersea Bible Adventure. The VBS lasts from 9 a.m. to noon June 2 through June 6. Volunteers are needed for this program. For more information or to volunteer, call Joy Garrison at Ext. 2500.

Chapel services

Throughout Operation Iraqi Freedom, the chapel staff invites anyone to stop by the chapel for prayer from noon to 1 p.m. People are welcome to take five, 10 or 15 minutes during their lunch hour to pray for the people overseas. For more information, call Ext. 2500.

Remote returnees get breather

Master Sgt. Scott Elliott
Air Force Print News

WASHINGTON — Airmen returning from overseas remote "short" tours will receive six-month exemptions from deploying with their new units on scheduled air and space expeditionary force deployments.

The policy change is the result of input from airmen in the field, according to Maj. Gen. Timothy Peppe, special assistant for AEFs at the Pentagon.

"Gen. (William) Begert, Pacific Air Forces commander, talked to an airman in Korea who had permanent change of station orders and already knew that he was in an AEF and would be leaving soon after he arrived at his new base," General Peppe said.

The policy goes into effect immediately, and Air Force Chief of Staff Gen. John Jumper has directed the change to Air Force instructions to reflect the six-month exemption. Previously, the policy called for

Spouses learn Air Force ways of life

Airman Alexis Lloyd
Public affairs

Spouses attended the Heart Link seminar Monday in the family support center conference room for information, food and fun.

The free seminar was for enlisted and officer spouses married five years or less who are experiencing Air Force life for the first time.

The program is also open to any spouse new to Columbus AFB.

"People with years of experience as Air Force spouses have left the seminars with new knowledge," said Lee Chouinard, master of ceremonies.

Col. Mike Parsons, 14th Flying Training Wing vice commander, and other speakers familiarized the spouses with the Air Force mission, customs, traditions and protocols. Different Columbus AFB representatives also briefed their agencies services.

During the seminar, spouses played games like "Who Wants To Be a Mighty Spouse?" and "What's my Line?" to discuss information they learned about Air Force life and practice their agency-finding techniques.

"This is a creative, interactive and entertaining program because people learn a lot faster if they're having fun," Ms. Chouinard said.

The spouses were given a tote bag of agency pamphlets and the "Air Education and Training Spouse Handbook." The handbook is used for quick reference of Columbus AFB



Kristi Tone and Shannon Kearns, Heart Link attendees, go through the "What's My Line?" questions during Monday's meeting.

and community facilities, policies and regulations.

Sara Schmidt presented each spouse with an official AETC Heart Link coin at the end of the seminar and shared the history of the "Coin Challenge" game.

The spouses were also taught the correct way to perform "Grip and Grins."

"[Heart Link] is a nice experience for every new spouse in the Air Force," said Bruny Torres, attendee. "You learned a lot of things you can never imagine - they treat you very nice and you feel like a part of the Air Force family."

The next Heart Link seminar is scheduled for May 19. For more information about or to sign up for the next Heart Link, call Chouinard at Ext. 2790 or Ext. 2631.

AF offers special war news Web site

SAN ANTONIO — The Air Force has a special Operation Iraqi Freedom Web site highlighting the service news and photos from forward-deployed locations covering Air Force support of the war in Iraq.

This site is in addition to daily Air Force-wide news featured at www.af.mil.

"We want to give people one easy access point to learn everything the Air Force is doing regarding Operation Iraqi Freedom," said Master Sgt. Jim Greeley, chief of news technology at the Air Force News Agency.

Visitors will find photography, videos, background information, quick facts, maps and special reports on the page.

Access to the site is available by clicking on the Operation Iraqi Freedom button on the news page or by going directly to <http://www.af.mil/news/opscenter/index.shtml>. (Courtesy of Air Force Print News.)

Airmen, families critical to OPSEC success

Cynthia Bauer

Air Mobility Command Public Affairs

SCOTT AFB, Ill. — With our nation at war, operations security becomes a vital part of success in battle and force protection at home.

Defense Secretary Donald Rumsfeld during a nationally televised press conference on Iraq March 20, concluded his remarks with a strong reminder to those who have access to classified information.

"It's essential that everyone with access to classified operational details exercise discipline," said the secretary. "There is no excuse for anyone revealing sensitive information that will almost certainly put the lives of men and women in uniform at risk."

Although Rumsfeld pointed to classified information, there is another category of information called critical information that's also important to protect. It is that information about intentions, capabilities, operations or activities that could possibly give our adversaries an

advantage. Such information may seem insignificant, but when pieced as a puzzle with other bits of information, can reveal important details of ongoing or planned operations.

Capt. Allen Reeves, chief of defensive counter information with the 67th Information Warfare Flight at Scott AFB, Ill., said the vigilance of family members as well as airmen is necessary to prevent critical information from getting into enemy hands.

"The success of our military mission depends on secrecy and surprise," he said. "Secrecy and surprise helps us do our mission both more quickly and with less risk. Enemies of freedom want information, and they're not just targeting our airmen, they'll target our families, too."

Every Air Force family has bits and pieces of information about the military mission. Members of the Air Force family must take care not to discuss information outside of their immediate family, Captain Reeves said.

"Some bits of critical information could include detailed unit mission information, times and locations of deployments, and large numbers of personnel transactions including pay information, powers of attorneys and wills,"

he said. "References about unit morale or personnel problems or details about security also fall into the critical information category."

Captain Reeves said where and how information is discussed is important, too.

"We all need to remember an adversary's agents tasked with collecting information frequently visit some of the same stores, clubs, recreational areas or even churches as we do," he said.

Captain Reeves said agents can also easily collect data from cordless and cellular phones and even baby monitors using inexpensive receivers available from local electronics stores.

His advice for families? "Be alert, be careful! Spies are a reality. Our adversaries gain useful information through their agents. A foreign agent may use a variety of approaches to befriend someone and get sensitive information that can compromise operations and leave the door open for terrorism. If the person you are talking to shows excessive interest in the military affairs of your family member, notify your sponsor, the unit OPSEC program manager of the local Air Force Office of Special Investigations."

STRAIGHT TALK LINE

Question: My issue is concerning the storm drains in the new housing area. It may be the same in the older areas, but since I live in the new area, I haven't noticed the other sections. The storm drains have no grates covering them. Skateboards can go right into the drains. The children chase after the skateboards by either crawling directly into the drain openings or finding a way to lift the heavy man hole covers to retrieve them. My kids have been down in them on more than one occasion, even after I chastised them for doing so. One of the neighbor kids smashed his toes with a manhole cover when he dropped it on them while trying to enter the manhole to get his skateboard. I've seen raccoons dart into the storm drains at night. I'm afraid there could be poisonous snakes in the drains when the weather warms, which will add to the risk the kids already have by accessing the drains. Calling the 14th Civil Engineer Squadron or some other agency is not an acceptable answer unless they will respond immediately, even on the weekends, because the children will not wait

through a weekend to retrieve whatever item falls into these drains, and may be afraid to call for help. I appreciate this avenue to surface my concerns.

Answer: All of us on base want the housing area safe and free from potentially dangerous situations. Your observations are absolutely correct. Our Civil Engineers and the Corps of Engineer inspectors have identified this issue to the contractor who assures us they will fix the problem. The contractor will correct the excess gaps at these inlets by additional grating or reconstructing inlets to eliminate gaps. To fix all of the grates may take up to 60 days, so please continue to keep children away from these unsafe drains. I appreciate your concern and thanks for helping us get this problem fixed.

Col. Steve Schmidt
14th Flying Training Wing commander



The Straight Talk Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB better. Although the Straight Talk Line is always available, the best way to resolve problems is through the chain of command.

The Straight Talk Line phone number is 434-7058. Callers should leave their full name and phone number to receive an answer. All names are kept confidential. Messages are answered in the Silver Wings without names.

Written questions may also be brought to the public affairs office in the wing headquarters building, Bldg. 724.

People can also access the Straight Talk program through the BLAZEWEB at <https://columbusweb> and the main website at www.columbus.af.mil.

Questions and answers will be edited for brevity.

SILVER WINGS

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Chief, public affairs

Pam Warnken

Editor

Airman Alexis Lloyd

Key phone numbers

Base Exchange.....	434-6013
Chaplain.....	434-2500
Civil Engineer Service Desk.....	434-2856
Civilian Personnel.....	434-2635
Clinic:	
Family Practice.....	434-2172
Appointment Desk.....	434-2273
After Hours Care.....	434-2273
Columbus Club.....	434-2489
Commissary.....	434-7106
Finance.....	434-2706
Housing Maintenance.....	434-7370
Inspector General.....	434-2927
Legal Office.....	434-7030
Military Equal Opportunity.....	434-2591
Security Forces.....	434-7129
Shoppette.....	434-6026

Pilgrimage reveals mysteries of bygone era



Airman Alexis Lloyd
Susan Clark, Pilgrimage volunteer, shows of the dining area at the Bryn Bella home.

Temple Heights is one of the houses people can visit on the Columbus Pilgrimage tours. The home includes four floors, porches on three sides, and fourteen Doric columns. The home, with a museum-quality collection of decorative arts, is the setting for historic narratives about nineteenth century life in Columbus. The tours begin Tuesday and last through April 13.



Courtesy photo

Pam Warnken
Public affairs

Downtown Columbus will swing open the doors of nearly 20 pre-Civil War homes for public touring April 1-13. “We call this annual event the ‘Pilgrimage’ meaning a ‘return to a sacred place,’” said Nancy Carpenter, executive director of the Columbus Historic Foundation and sponsor of the event. Columbus buildings and homes escaped being burned out during the Civil War because the town was a distance from the pathway of the advancing Union troops. But Columbus was a hospital town for wounded from the Battle of Shiloh in Tennessee, Ms. Carpenter said. “When the Civil War came, the townspeople helped by nursing wounded soldiers, both Confederate and Union, in their homes,” Ms. Carpenter said. This and many other stories are told during Pilgrimage, including this year’s addition of recently uncovered records shedding light on local African-American experiences during this period. Carpenter said people began settling here in the 1830s because the Tombigbee River provided a route to move cotton to Mobile, Ala. At first, their existence was hard with most living in small cabins on their farmland on the rich ‘Black Prairie’ across the river. As crops flourished, the planters began building big homes in town near churches and social life. The Columbus Pilgrimage has been named one of Southeast Tourism Society’s Top 20 Southeast events for 2003.

For more than 60 years, it has brought visitors from all 50 states and many foreign countries. “Over the years, many of our guests have had some affiliation with Columbus Air Force Base,” Ms. Carpenter said. “We value their involvement both as guests and as volunteer tour guides.” Ms. Carpenter said there are only about four or five towns in America where this much pre-Civil War architecture has survived. Downtown homes new to the Pilgrimage this year include White Arches constructed in 1857 and Shadowlawn built in 1860 — both with new owners. Many historic homes that survive in America are owned by foundations, Ms. Carpenter said. “But here, the homes are lived in by everyday people - and many are not wealthy but do it because of a love of history,” Ms. Carpenter said. “Some houses, including Amzi Love, have remained in the original builder’s families for more than 150 years.” Historic churches have been added to the Pilgrimage this year - The Missionary Union Baptist Church, dates back to 1833, was a pioneer as the first African-American Baptist Church in this region. For those unavailable during the daytime, the candlelight tours are April 1, 3, 5, 8, 10 and 12. All the homes are candlelit on one street. There are also garden tours with designs dating back 175 years. “With a two-week run, with various homes open each day, it gives people time to come to get a full picture of the history that resides here in Columbus,” Ms. Carpenter said. There are five different tours April 1 through 13. Columbus Pilgrimage brochures covering details are available at the family support center or the Tennessee Williams Visitor Center on Main Street downtown or call 329-3533. All details are at www.historic-columbus.org or www.columbus-mississippi.org *(Editors note: Tales from the Crypt, a candlelight graveyard drama with costumed actors at Friendship Cemetery on 4th Avenue South are from 7 to 10 p.m. April 2, 4, 7 and 11. Day and evening carriage rides are available, along with tours aboard the Chattanooga Star Riverboat.)*

AT THE CHAPEL

Chapel schedule

Catholic

Sunday activities:

9:15 a.m. — Mass
10:30 a.m. — CCD
5 p.m. — Confessions
5:30 p.m. — Mass
Wednesday
11:30 a.m. — Mass

Protestant

Sunday activities:

9 a.m. — Sunday school
10:45 a.m. — Traditional worship
1 p.m. — Contemporary worship
Wednesdays
5:30 p.m. — Video Bible study supper
7:15 p.m. — Choir rehearsal
Thursdays
11:30 a.m. — Lunch Bible study
For Islamic, Jewish, Orthodox or other services, call the chapel at Ext. 2500.

AT THE MOVIES

All movies are shown at 7 p.m., unless otherwise noted, at the base theater.

Today

“How to Lose a Guy in 10 Days” (PG-13, sex related material, 118 min.)
Starring Kate Hudson.

Saturday

“Dark Blue” (R, violence, language and brief sexuality, 118 min.)
Starring Kurt Russell.

April 4

“Deliver Us From Eva” (R, sex related dialogue, 105 min.)
Starring Kate Hudson.

CHANNEL 64

BLAZE 64 offers announcements for people living in base housing or the dormitories.
Call 2nd Lt. Joseph Coslett for more information at Ext. 7065.

Weekdays
9 a.m., noon and 2 p.m.
Air Force Television News
Monday through March 28
9:30 a.m., 12:30 p.m. and 2:30 p.m.
College Level Examination
Program Tapes:
Social Science

FAMILY SUPPORT



(Editor’s note: All activities are offered at the family support center unless otherwise specified. For more information, call Ext. 2790.)

Deploy briefing: Military people who are going remote or being deployed must attend a mandatory briefing held at 9 a.m. Thursdays.
For more information, call Tech. Sgt. Jamey Coleman.

Videophones: Videophones are available for family members of deployed, TDY or remote military.

Teaching briefing: An information workshop for people interested in learning to become a teacher is from 1 to 3 p.m. April 17 at the education center. The event gives information on how to become certified as a teacher. Representatives from Mississippi University for Women, Americorps and Mississippi Troops to Teachers are at the workshop.
For more information, call the family support center or Luther Turner at Ext. 2565.

Children and war: The family support center offers their services to help parents explain war and deployments to their children.
Stop by the FSC to pick up complete packages to help make children less confused.

BASE NOTES



Playgroup: The Mommy and Me playgroup is from 10 to 11 a.m. Mondays at the youth center.
This is a weekly playgroup for ages 18 months to 3 years and their parents. There is no cost. Fathers are always welcome. For more information, call Birgit Coslett at 434-5876.

Inhalant seminar: The life skills support center sponsors a seminar from 11 a.m. to 1 p.m. April 11 at the Columbus Club to



Airman Alexis Lloyd

Bouncing

Erika Beaupre, 3 years old, bounces in the castle at the operational readiness inspection party March 21. The 14th Flying Training Wing earned an “Excellent”, and the wing celebrated with the party.

help educate people on the harms of inhalants.
The guest speaker is Tammy Prescott, Lowndes County Sheriff’s Department. Attendees will learn about signs, symptoms, local community risk, common modes of administration, common products abused as inhalants, potential long-term effects and damage. For more information, call Ext. 2353.
Thrift store: The thrift store is now taking spring and summer items for consignment one hour before shop closes. The shop is open from 4 to 8 p.m. Tuesdays and 9 a.m. to 1 p.m. Thursdays. The next garage sale is from 8 to 11 a.m. April 5. This is open for sales only, no consignments. For more information, call 434-2954.
Spouse briefing: A spouse aircraft briefing begins at 7 p.m. April 15 at the Phillips Auditorium. The briefing covers different lifestyles associated with different airframes and assignment locations. The briefings are given by spouses of 14th Operations Group’s instructor pilots. It is geared toward spouses of student pilots. For more information on the briefing, call Patricia Speights at Ext. 7158.

Change of command: The 14th Medical Operations Squadron’s change of command is at 9 a.m. April 23 at the wing ceremonial plaza.
Lt. Col. Harvey Kelley will be relinquishing command to Lt. Col. Kathryn Hall.

Volunteers needed: The Company Grade Officer Council needs volunteers May 2 and May 3 at the Market Street Festival in downtown Columbus.
For more information or to volunteer, call 2nd Lt. Jennifer Moore at Ext. 7073.
Childcare: All parents returning from Operation Enduring Freedom are able to receive 16 hours of free childcare from the Extended Duty Child Care program. Children ages 12 years and under are eligible for care. The care must be used in the first 30 days of return from OEF deployment. People supporting other deployments more than 30 days may also receive this care. The person’s eligibility must be verified with the military personnel flight or their command section. For more information, call Ext. 2479.

Recreational opportunities available for CAFB people

Operation night hoops: Today is the last day to register for this teen program which features a workshop, clinics, game pledges and many other education awareness programs. The program begins April 4 at the youth center. Call Ext. 2504.

American Cafe open: The Columbus Club's American Cafe opens from 5:30 to 8:30 p.m. Fridays and is open to all ranks. Tonight's special is Mongolian barbecue. Cost is \$7.95 for five ounces of meat and all the veggies you want. Each additional ounce of meat is 95 cents. Club members receive a \$2 discount. Call Ext. 2489.

All ranks bingo: Games begin at 6 p.m. Fridays in the community center ballroom. People play five \$75 regular games, one \$125 odd and even coverall game and a \$1,000 progressive jackpot game. Consolation prize is \$150 if the jackpot does not go in 59 numbers or less. Admission fees for nonmembers are \$5. Call Ext. 2489.

Dinner theater: "Play it Again Sam," a dinner theater is April 19 at the Columbus Club. The play is a comedy about the

nerdy film critic's obsession with Humphrey Bogart. Cost is \$25 for club members and \$30 for nonmembers.

Tickets go on sale Tuesday at the Columbus Club. Call Ext. 2489.

Teen lock-in: The youth center offers a teen lock-in from 9 p.m. to 7 a.m. April 5. Cost is \$10 per person and includes two meals, a snack, all games, movies and activities held throughout the night.

Space is limited. Early registration is recommended. Call Ext. 2504.

Give parents a break/parents day out: The child development center offers this program from 9 a.m. to 3 p.m. April 5 for children ages six weeks to 12 years old. Contact the Family Support Center to receive a certificate for participation in the Give parents a break program or make reservations by Tuesday for the parents day out program. Cost is \$3 per hour per child and a nonrefundable \$5 deposit is required when making reservations. Call Ext. 2486.

Sunday brunch: The Columbus Club offers an all-ranks brunch from 10:30 a.m. to 1:30 p.m. April 6. Cost is \$10.95 and

club members receive a \$2 discount.

Brunch is offered the second and fourth Sundays of every month. Call Ext. 2489.

Kids Kamp 2003: Registration begins April 7 for this program at the youth center for children ages 5 to 12. A \$10 per week deposit is required the day of registration. Weekly fees are based on family income. Call Ext. 2504.

National library week: In celebration of National Library Week, April 6 to 12, the base library is conducting a library history trivia contest. Contest is open to all base people. Each day starting April 6 there will be a question. All entry questions and answers must be in by close of business April 11. Call Ext. 2934.

Youth photography contest: The youth center offers a photography contest April 14 to April 18. Deadline for submitting entries is April 12. Judging will be based on four age groups from ages 5 to 18 in the following categories: color process, black and white process, alternative process, digital and photo essay. Call Ext. 2504.

Annual spring fling: The spring fling is

from 10 a.m. to 1 p.m. April 12 at Freedom Park. Egg hunts begin at 10 a.m. followed by all types of games and activities for the whole family. Call Ext. 2504.

Beale Street music festival: The information, ticket and travel office offers a trip to the Memphis, Tenn. Beale Street music festival May 2 to May 4. The festival features all types of music to include blues, rock, gospel, rhythm and blues, soul and alternative.

Cost is \$125 per person and includes transportation, two nights lodging (double occupancy). Tickets to the music festival are sold separately. A \$50 deposit is required when registering. Limited seating is available. Call Ext. 7858.

Crafts classes: The skills development center offers all types of crafts classes every month. Advanced registration is required for each class.

Upcoming adult classes include making a candle art, a mosaic bird bath, a wooden heart basket or a picket fence coat rack. Class fees range from \$12 to \$25 depending on the project.

Youth classes are also available. Call Ext. 7836.

Bargain Line advertisement

The Bargain Line is free for all military members (including guard and reserve members), DOD civilians, military retirees, family members and contract employees.

Bargain Line advertisements must be turned in to the Silver Wings office in the 14th Flying Training Wing headquarters building by noon Monday to be included in the following week's issue. Late ads will be held over for the next issue.

Reruns must be phoned in to the Silver Wings office, 434-7068, by noon Monday for inclusion in the next week's issue. Please do not re-submit ads for rerun on this form. Advertisements should contain a home phone number, home address or both. Duty phone numbers will not appear in the ads.

Advertisements for private businesses or services providing a continuous source of income, such as baby-sitting or rental property, may not appear in the Bargain Line. They may, however, be purchased through the Silver Wings publisher, 328-2424. Please fill out this form completely. The Silver Wings staff reserves the right to edit ads as necessary.

Type of advertisement (circle one): Home Transportation Miscellaneous Yard sales Pets

Print advertisement: _____

Name: _____

Home Telephone #: _____ Duty Telephone #: _____
(in case we need more information)

Please let us know what you think of the Silver Wings:

Are you happy with the Silver Wings? Yes ☐ No ☐

What would you like to see more of in the newspaper? News ☐ Sports ☐ Photos ☐

If you would like to give any other suggestions, please e-mail us at silverwings@columbus.af.mil.

AROUND TOWN

Dinner theaters: Streetcar Productions, Inc. in East Columbus' Gateway Shopping Center has it's first musical "Just South of Broadway" with shows today, March 28, March 29 and April 2, 4, 11, 12.

Dinner tickets are \$35 with catering by the Columbus Country Club.

Gallery seats are \$15 (no meal) and a Sunday dessert matinee, April 6, is \$20.

Ten percent military discounts are offered.

Advance reservations required. For more information, call 240-1832.

CPR classes: The American Red Cross offers a cardiopulmonary resuscitation and first aid classes at 6 p.m. The adult CPR class is Monday, infant and child CPR Tuesday and first aid Thursday.

For more information, call 328-5710.

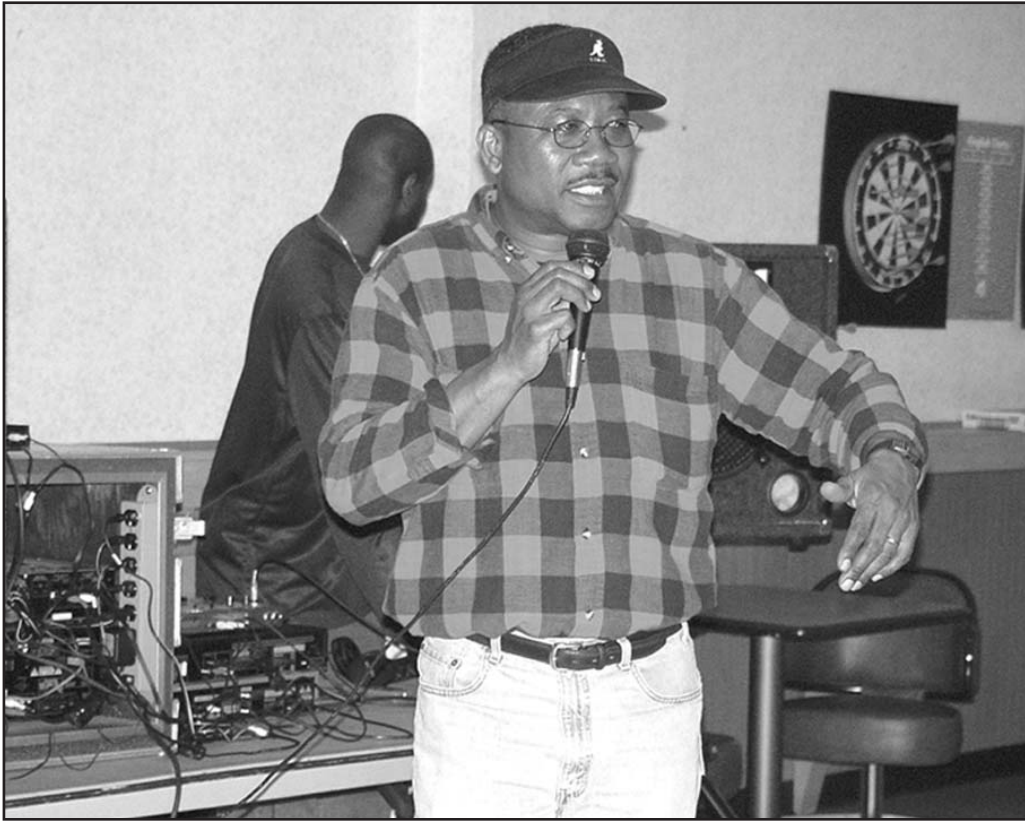
Celebrating cultures: An International Fiesta staged by foreign students at Mississippi State University starts at 10 a.m. April 4 on the MSU drill field, next to the student union.

The event features foods from over 30 nations, music,

dancing and native costumes. Free admission, everyone welcome.

Seminars: The "I Can Cope" four week educational series is from 11:30 a.m. to 1 p.m. April 14, April 21, April 28 and May 5 at the Baptist-Golden Triangle Conference Center located in the Outpatient Pavillion.

The classes provide basic education on cancer, treatments, side effects, coping skills and community resources. For more information, call Kim Criswell at 244-1760 or (800) 544-8767, Ext. 1760.



Pam Wickham

Music man

Master Sgt. Juan Williams, 14th Flying Training Wing, performs at the enlisted lounge during karaoke night March 21. The Landing Lounge features karaoke night today starting at 9 p.m.

Columbus Club Lunch Buffet

Served from 11 a.m. to 1 p.m.
\$7.95 per person -- Club members receive \$2 discount
Cost includes vegetable, tossed salad and beverage
Ala carte menu also available

Today
Fried catfish
Popcorn shrimp
Cherry cobbler

Monday
Fried chicken
Chicken fried steak
Banana pudding

Tuesday
Pork loin
Beef tips
Banana pudding

Wednesday
Pulled pork
Ribs
Peach cobbler

Thursday
Soup, salad
and spud bar

Nutrition, fitness helps keep people healthy, happy

Master Sgt. Gilbert Shrieves
Health promotions NCOIC

Have you already discovered that good nutrition and increased physical activity are dynamic duos that can help you maximize your daily performance? If you haven’t, read on for enlightenment.

Here are some of the ways healthy food choices and regular physical activities help you achieve your mental, physical and emotional best. They:

- ❑ boost energy, strength, and endurance
- ❑ help build and maintain healthy bones, muscles and joints
- ❑ improve physical performance
- ❑ strengthen mental stamina
- ❑ improve mood and attitude
- ❑ reduce risks of chronic disease

Decreasing physical activity and increasing caloric intakes are two primary reasons for an American trend toward obesity. Obvious reductions in activity level include labor saving devices like automobiles, mass transportation and power tools such as riding lawnmowers and dishwashers. Additionally, leisure time is often spent doing sedentary activities such as watching television, playing computer games and surfing the web, rather, than playing ball, riding bicycles or gardening.

So what can people do to improve their nutrition and fitness? First of all, be practical and realistic. Set your goals for small changes over time. Physical activity doesn’t have to be strenuous and it doesn’t have to include sweating over exercise equipment in a gym. Look for ways to be more active in daily life. At work, take the stairs instead of the elevator. Walk down the hall instead of using the phone or e-mail. Take a walk during a morning or afternoon break. People of all ages benefit from moderate physical activity such as 30 minutes of brisk walking five or more times per week. If 30 minutes at one time won’t work, aim for two 15-minute or even three 10-minute sessions. At home, do those indoor chores with zeal — scrub that tub or stand up to do leg stretches while you fold the clothes. Get down on the floor and play with your children. Anything that increases your activity counts. There are two easy ways to improve your nutrition. Eat at least five servings of fruits and vegetables per day and drink plenty of water. First, let’s talk about fruits and vegetables. This is definitely a case where more is better. When you eat at least five servings of fruits and vegetables each day, you are more likely to get essential vitamins, minerals and fiber and less fat and



Al Hanks, DynCorp, lifts weights at the fitness and sports center.

calories than those who do not meet this goal. Have a contest among friends, co-workers or family members. Try to eat a minimum of five servings of fruits and vegetables per day over the course of a month. Be adventurous — try a variety of brightly colored fruits and vegetables. Also, be flexible, it’s okay to eat three servings one day and seven the next. The key is to average out to five each day.

Now let’s focus on water. Water is necessary to maintain blood circulation, body temperature and cell function; digest and absorb nutrients; and excrete body waste. The amount you need varies by weight and activity level. Most adults need eight to 12 cups of water per day for maintenance.

People need more when their activity increases and in spring and summer. It is a good idea to get some of your requirement from water, but juices, coffee, tea, milk and other beverages count as well.

Practiced in combination, fitness and nutrition are more powerful then either one alone. Being physically active means you can eat a wider variety and larger quantity of healthy foods.

In addition, healthy eating fuels physical activity across a lifetime. Challenge yourself to incorporate healthy food choices and physical activity into your daily life. For more information on nutrition and fitness, contact the health and wellness center at Ext. 2477.

SHORTS

Commit to be fit

The Commit To Be Fit program offered by the Mississippi University for Women gives support to people wanting to lose weight or learn to eat healthy. The students help people accomplish their goal through a full year.

People can sign up at the fitness and sports center for the program.

For more information, call 1st Lt. Sharon Gregory at Ext. 2643.

Soccer standings				The following are the intramural league stand-ings as of Sunday.
Team	Wins	Losses	Ties	
Green	3	0	3	
Gray	2	0	2	
Gold	1	1	1	
Red	1	0	1	
Blue	0	1	0	

Bowling standings	Team	Wins	Losses
The following are the intramural Thursday league standings as of March 20.	Misfits	146	62
	Strokin	128	80
	14th OSS	118	90
	SFS #1	98	110
	48th FTS	88	120
	SFS #2	32	176

48th FTS maintains lead over DynCorp, 75-56



Chris Jessop, 48th Flying Training Squadron, shoots for two within the box while Bobby Tyson, DynCorp, attempts to block him.

2nd Lt. Joseph Coslett
Public affairs

The 48th Flying Training Squadron obliterated DynCorp 75-56 Tuesday during the intramural basketball championship tournament.

“DynCorp came out with spirit but the offensive-minded 48th FTS had to many weapons,” said Jaron Roux, 48th FTS player.

The only time the game was close was during the opening minutes of the game when the score was 6-3.

The 48th FTS then went on an eight-minute run putting them ahead of DynCorp by 23 points.

They could only count by threes when Corey Simmons and Chris Jessop lit-up the goal.

“They really shot the ball well during the first half,” said Bobby Tyson, DynCorp player.

DynCorp looked tired after the first half beating, but the coach didn’t let

them off that easy.

“We came here as a team — I need everyone to hustle; we are not out of this yet,” said Carlos Harris, DynCorp team captain.

After the pep talk, the team went out and ran the scoreboard for more than five minutes.

“We were trying to find all the right pieces and when everyone wanted to play,” Harris said. “We made more of a game in the second half but couldn’t recover.”

The tournament is a double-elimination tournament.

This loss put DynCorp against the 50th FTS where they lost 68-51.

The 48th FTS received a bye for the first game for winning the most games during the regular season.

Following the win against DynCorp, they will play the 14th OSS.

The championship game is Monday at 6 p.m. in the fitness center.

For more information, call Ext. 2772.



Kellen Roberts, DynCorp, sets up for a lay-up over Corey Simmons, 48th FTS.